

# marathon Half

Advanced



## Training Plans

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# marathon Half

Advanced 16 week training plan

☐ Week one

Monday	Run 30 mins
Tuesday	Steady run 15 mins Interval: Max effort 75sec, Walk 3mins Repeat x6 Steady run 15 mins
Wednesday	Jog 10 mins, Run 20
Thursday	Steady run 15 mins Interval: Max effort 60sec, Walk 3mins Repeat x6 Steady run 15 mins
Friday	Jog 10 mins, Run 20
Saturday	Rest
Sunday	Fartlek Total 45 mins



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## ○ Week two

<b>Monday</b>	<b>Run 30 mins</b>
<b>Tuesday</b>	<b>Steady run 15 mins Interval: Max effort 75sec, Walk Repeat x6 Steady run 15 mins</b>
<b>Wednesday</b>	<b>Jog 20 mins, Run 15, Jog 10</b>
<b>Thursday</b>	<b>Steady run 15 mins Interval: Max effort 75sec, Walk 3mins, Max effort 65sec, Walk 3mins, Max effort 55sec, Walk 2mins, Max effort 75sec walk 1 min Repeat x3 Steady run 15 mins</b>
<b>Friday</b>	<b>Jog 45 mins</b>
<b>Saturday</b>	<b>Rest</b>
<b>Sunday</b>	<b>Run 45 mins</b>



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## ○ Week three

<b>Monday</b>	<b>Jog 10 mins, Run 30</b>
<b>Tuesday</b>	<b>Steady run 15 mins Interval: Max effort 60sec, Walk 3mins Repeat x8 Steady run 15 mins</b>
<b>Wednesday</b>	<b>Jog 30 mins</b>
<b>Thursday</b>	<b>Run 60 mins</b>
<b>Friday</b>	<b>Run 30 mins</b>
<b>Saturday</b>	<b>Rest</b>
<b>Sunday</b>	<b>Run 55 mins</b>

## ○ Week four

<b>Monday</b>	<b>Jog 10 mins, Run 20, jog 10</b>
<b>Tuesday</b>	<b>Steady run 15 mins Interval: Max effort 60sec, Walk 1 min, Repeat x10 Steady run 15 mins</b>
<b>Wednesday</b>	<b>Run 45 mins</b>
<b>Thursday</b>	<b>Jog 10 mins, Run 50</b>
<b>Friday</b>	<b>Run 30 mins</b>
<b>Saturday</b>	<b>Rest</b>
<b>Sunday</b>	<b>Run 60 mins</b>



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## ☐ Week five

<b>Monday</b>	Jog 10 mins, Run 40, jog 10
<b>Tuesday</b>	Run 30 mins
<b>Wednesday</b>	Fartlek Total 45 mins
<b>Thursday</b>	Jog 10 mins, Run 40, Jog 10
<b>Friday</b>	Steady run 15 mins Interval: Max effort 75sec, Walk 1 min Repeat x8 Steady run 15 mins
<b>Saturday</b>	Jog 15 mins, Steady run 40 mins
<b>Sunday</b>	Run 60 mins

## ☐ Week six

<b>Monday</b>	Rest
<b>Tuesday</b>	Steady run 15 mins Interval: Max effort 60sec, Walk 1 min Repeat x12 Steady run 15 mins
<b>Wednesday</b>	Jog 45 mins
<b>Thursday</b>	Run 60 mins
<b>Friday</b>	Jog 30 mins
<b>Saturday</b>	Rest
<b>Sunday</b>	Run 60 mins



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## ☐ Week seven

<b>Monday</b>	<b>Jog 30 mins Steady run 15 mins</b>
<b>Tuesday</b>	<b>Run 35 mins</b>
<b>Wednesday</b>	<b>Jog 20 mins, Run 40</b>
<b>Thursday</b>	<b>Run 45 mins</b>
<b>Friday</b>	<b>Run 30 mins</b>
<b>Saturday</b>	<b>Rest</b>
<b>Sunday</b>	<b>Fartlek Total 70 mins</b>

## ☐ Week eight

<b>Monday</b>	<b>Run 30 mins</b>
<b>Tuesday</b>	<b>Steady run 15 mins Interval: Max effort 60sec, Walk 3mins Repeat x6 Steady run 15 mins</b>
<b>Wednesday</b>	<b>Jog 10 mins, Run 20</b>
<b>Thursday</b>	<b>Steady run 25 mins</b>
<b>Friday</b>	<b>Steady run 15 mins</b>
<b>Saturday</b>	<b>Rest</b>
<b>Sunday</b>	<b>Race - 10 k</b>



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## ☐ Week nine

<b>Monday</b>	<b>Steady run 30 mins</b>
<b>Tuesday</b>	<b>Steady run 45 mins</b>
<b>Wednesday</b>	<b>Steady run 45 mins</b>
<b>Thursday</b>	<b>Steady run 15 mins Interval: Max effort 90sec, Walk 2mins Repeat x10 Steady run 15 mins</b>
<b>Friday</b>	<b>Jog 10 mins, Run 10, Jog 10</b>
<b>Saturday</b>	<b>Rest</b>
<b>Sunday</b>	<b>Run 75 mins</b>

## ☐ Week ten

<b>Monday</b>	<b>Run 45 mins</b>
<b>Tuesday</b>	<b>Jog 10 mins, Run 35, Jog 10</b>
<b>Wednesday</b>	<b>Steady run 15 mins Interval: Max effort 70sec, jog 2mins Repeat x6 Steady run 15 mins</b>
<b>Thursday</b>	<b>Jog 10 mins, Run 40</b>
<b>Friday</b>	<b>Fartlek Total 60 mins</b>
<b>Saturday</b>	<b>Run 45 mins</b>
<b>Sunday</b>	<b>Run 80 mins</b>



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## ☐ Week eleven

<b>Monday</b>	<b>Jog 45 mins</b>
<b>Tuesday</b>	<b>Steady run 15 mins Interval: Max effort 75sec, jog 3mins, Max effort 65sec, jog 3mins, Max effort 45sec, jog 3mins, Repeat x6 Steady run 15 mins</b>
<b>Wednesday</b>	<b>Jog 45 mins</b>
<b>Thursday</b>	<b>Fartlek Total 60 mins</b>
<b>Friday</b>	<b>Jog 15 mins, Run 30, Jog 15</b>
<b>Saturday</b>	<b>Rest</b>
<b>Sunday</b>	<b>Fartlek Total 90 mins</b>

## ☐ Week twelve

<b>Monday</b>	<b>Jog 10 mins, Run 50</b>
<b>Tuesday</b>	<b>Steady run 15 mins Interval: Max effort 45sec, Walk 1 min Repeat x15 Steady run 15 mins</b>
<b>Wednesday</b>	<b>Jog 45 mins</b>
<b>Thursday</b>	<b>Run 60 mins</b>
<b>Friday</b>	<b>Jog 45 mins</b>
<b>Saturday</b>	<b>Rest</b>
<b>Sunday</b>	<b>13 miles Best effort</b>



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## ☐ Week thirteen

<b>Monday</b>	<b>Rest</b>
<b>Tuesday</b>	<b>Jog 30 mins</b>
<b>Wednesday</b>	<b>Jog 15 mins, Run 20, Jog 15</b>
<b>Thursday</b>	<b>Run 60 mins</b>
<b>Friday</b>	<b>Run 60 mins</b>
<b>Saturday</b>	<b>Rest</b>
<b>Sunday</b>	<b>Run 45 mins</b>

## ☐ Week fourteen

<b>Monday</b>	<b>Run 55 mins</b>
<b>Tuesday</b>	<b>Fartlek Total 60 mins</b>
<b>Wednesday</b>	<b>Run 30 mins</b>
<b>Thursday</b>	<b>Fartlek Total 80 mins</b>
<b>Friday</b>	<b>Run 45 mins, Jog 10</b>
<b>Saturday</b>	<b>Rest</b>
<b>Sunday</b>	<b>Fartlek Total 120 mins</b>



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## ☐ Week fifteen

<b>Monday</b>	Run 25 mins
<b>Tuesday</b>	Steady run 15 mins Interval: Max effort 75sec, Walk 2mins Repeat x10 Steady run 15 mins
<b>Wednesday</b>	Jog 10 mins, Run 45, Jog 10
<b>Thursday</b>	Run 75 mins
<b>Friday</b>	Run 35 mins
<b>Saturday</b>	Rest
<b>Sunday</b>	Run 100 mins

## ☐ Week sixteen

<b>Monday</b>	Jog 10 mins, Run 30
<b>Tuesday</b>	Steady run 15 mins Interval: Max effort 75sec, Walk 3mins Repeat x6 Steady run 15 mins
<b>Wednesday</b>	Jog 60 mins
<b>Thursday</b>	Steady run 30 mins
<b>Friday</b>	Jog 30 mins
<b>Saturday</b>	Rest
<b>Sunday</b>	<b>HALF MARATHON RACE!</b>



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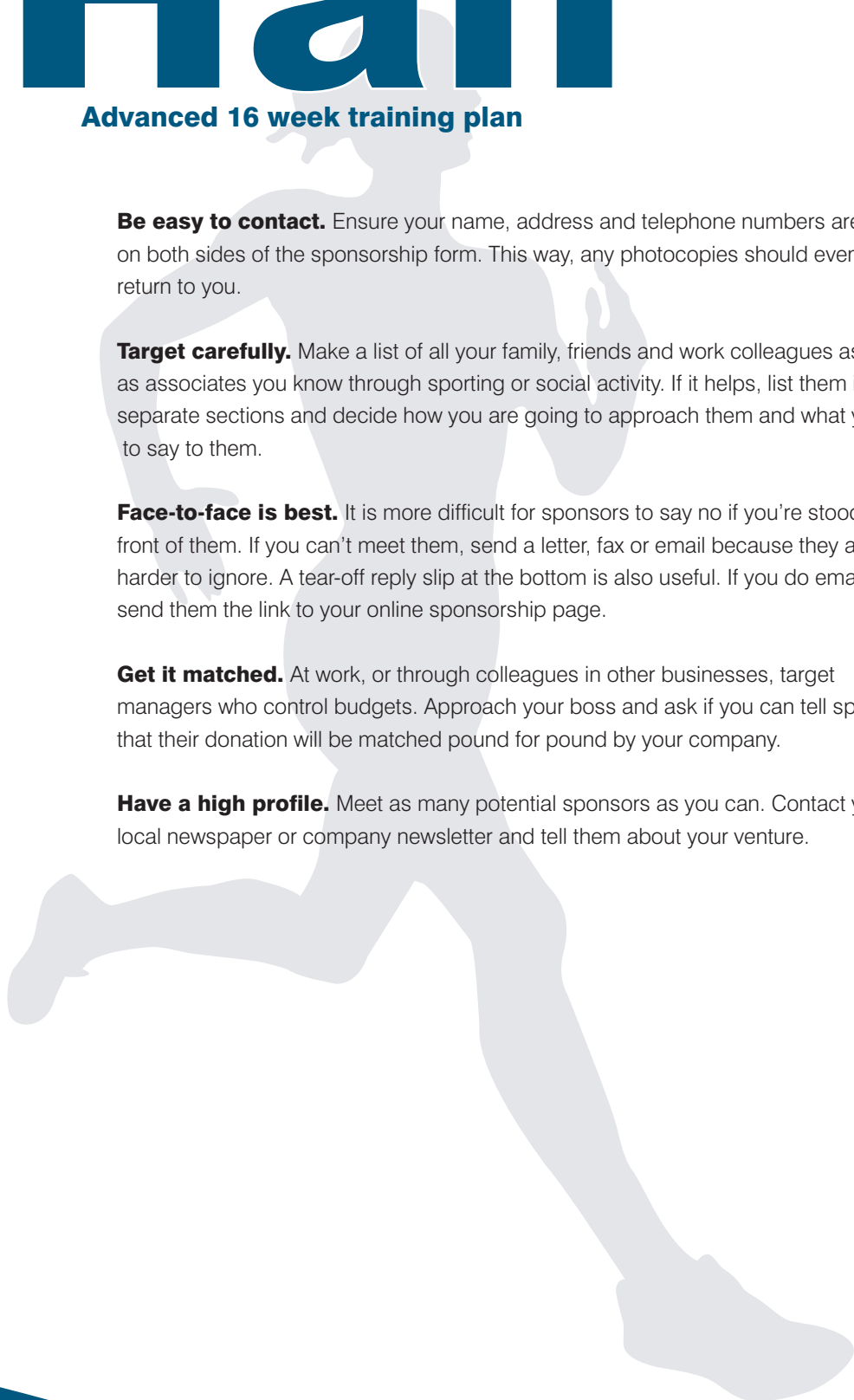
**Be easy to contact.** Ensure your name, address and telephone numbers are clear on both sides of the sponsorship form. This way, any photocopies should eventually return to you.

**Target carefully.** Make a list of all your family, friends and work colleagues as well as associates you know through sporting or social activity. If it helps, list them in separate sections and decide how you are going to approach them and what you want to say to them.

**Face-to-face is best.** It is more difficult for sponsors to say no if you're stood in front of them. If you can't meet them, send a letter, fax or email because they are harder to ignore. A tear-off reply slip at the bottom is also useful. If you do email them, send them the link to your online sponsorship page.

**Get it matched.** At work, or through colleagues in other businesses, target managers who control budgets. Approach your boss and ask if you can tell sponsors that their donation will be matched pound for pound by your company.

**Have a high profile.** Meet as many potential sponsors as you can. Contact your local newspaper or company newsletter and tell them about your venture.



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### ○ Wear it well

As part of any fitness campaign, it is important to have the correct equipment to be able to train safely and correctly. Running is a very simple sport and luckily requires very little specialist kit. The most technical and most important kit you need to buy are your running shoes. These have evolved over the past 10 years into sophisticated pieces of technology which each manufacturer has their own version of.

#### **Socks**

Let us work upwards from the shoes now. Next you need some socks to train in. These can be simple white sports socks that can be picked up from most clothes stores. However, if you get more serious about your running, it is wise to invest in a proper pair of socks that have been designed for running.

These have been designed to wick away moisture and sweat from the foot so you don't slip and suffer so many blisters when running. In addition, these types of socks are designed with more padding in certain areas to aid the shoes in cushioning. Finally the latest socks are designed for the foot they are on i.e.: left and right specific.

The specific foot socks have a great benefit in that they hug the foot better and there is no excess sock floating around in the shoe which may cause blisters. As with most things nowadays, you get what you pay for and a £1 pair of socks won't give you as much comfort as an £8 pair.

#### **Shorts and Tights**

After socks comes shorts or when it is colder tights. Shorts should be comfortable, lightweight and have the ability to wick away sweat when you train. Most running shorts now come with a pant liner so you don't have to wear anything else with them. This is good but you have to try them on first as some of the inners can be a little restrictive if you don't get the right size. Most shorts come with elastic waist bands and the more expensive ones come with a draw string as well. It is worth paying a little extra to get the draw string as you can tie the shorts to your specification as opposed to relying on the elastic to hold them up



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Elastic-only shorts often move down a little, especially in wet conditions. Your shorts shouldn't be so tight that they cut off circulation round your waist but conversely they shouldn't be so loose that they flap around all the time either. Finally, check the slit up the side, often this is quite large to allow for a greater ventilation but make sure you are happy with how much leg it actually shows when you run.

When the weather gets colder it is advisable to wear tights to keep your legs warmer and thus reduce the chance of injury. Fabric technology has exploded recently with the aid of new synthetic materials and NASA technology.

This has aided running no end with high tech materials filtering down to basic running kit like tights and T-shirts. The running tights now can be custom fit ones that have been designed to hug the legs more efficiently and stop the wind and rain penetrating the leg itself. This helps in reducing injuries from cold muscles and also means that you can enjoy running when the weather is a little worse than ideal. Only diehard older runners now wear loose fitting cotton tights.

The fashionable and technological knowledgeable runners are choosing high tech garments that help them in their running. Your tights should be snug fitting and comfortable. It is important to try them on before you buy because many manufacturers have different cuts to suit different styles of runner. Generally the more expensive the tight then the more comfortable they will be and the better at keeping you cool in summer and warm in winter.

Short and long sleeve T-shirts have also benefited, like tights, from technological advances. The mid to top range T-shirts all wick away sweat to keep you cooler and allow a greater air circulation through the fabric.





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They feel very light weight but have the properties to keep you warm or cool depending on when and how you wear them. Running T-shirts should be reasonably tight but not figure-hugging and likewise they shouldn't flap around when you run in them. It is a fine balance between well fitted and slightly baggy you should aim for. With long sleeve T-shirts, you should aim to get ones with cuffed sleeves so they stay down around your wrists.

If there are no cuffs then the sleeves often ride up your arms when you run and this can be both annoying and cold.

### Gloves

These should be lightweight and comfortable. Only in extreme weather will you need to wear thick running gloves and more often than not you will heat up enough to be okay in the normal thin type. Woollen gloves are the norm because they are cheap to buy but they don't offer the same water proof and wind stopper capabilities of the new high tech fabrics. Woollen gloves will be fine for most runners but if you are venturing out into colder or more wet climates, it is worth investing in a high tech pair. Running with cold hands can ruin the experience for you, so choose carefully when you buy, especially if it is near wintertime.

### Hats

Hats are similar to gloves in that woollen ones are the norm because they are easy to get hold of and cheap. The more high tech versions such as fleece offer wind stopping capabilities and some are water proof as well. Peaked caps have become more fashionable recently and are favoured by younger runners. These hats offer greater protection from the rain, snow and sun but often they can get blown off in windy conditions. They don't offer the same warmth capabilities as woollen/high tech fabrics but they are good when you need better protection from the elements. In addition, they are better for runners who wear glasses because they help the glasses from getting rain or snow on.





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### Tops

When the weather gets really cold or wet it is advisable to run in a gillet or a long sleeve waterproof top. These offer excellent wind-stopping and rain-resistance capabilities and can keep you warm and dry throughout any run. Gillets are armless and ideal for quicker running in slightly warmer climates while the full long sleeve water proofs are better for colder and wetter climates.

These types of tops are multi-purpose because they can be used casually as well and the ones at the top end are very high tech and guaranteed waterproof and windproof. Cheaper versions will be fine for most running conditions but they will sacrifice certain aspects like being 100% waterproof or windproof.

Being prepared for cooler conditions enables you to stay warm, dry and enjoy the run more. In warmer climates the new fabrics and technologies enable you to train harder by staying cooler and wicking away sweat and moisture from the body. Both of these mean you can't blame the weather for not training anymore and you can get and stay fitter all year round now in comfort and style.

### Sports Bras

It is important to wear a **sports bra** that fits you snugly and gives adequate support for the exercises being performed. The bust is only held in place by the skin around it and the Coopers Ligaments. When the bust moves, these stretch and can result in a permanent droop of the bust. In addition, this movement can be painful and leads many women to avoid certain activities that could be enjoyed with a good sports bra!

Everyone is different and you may well need to try on a few different products before finding what is just right for you. For example, if you do weights in the gym or enjoy walking you will need much less support than if you decide to take up jogging or aerobics.

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### So does your sports bra fit?

- Your bra should fit snugly under the bust without being uncomfortably tight.
- All of your bust should fit in the bra without any bulges around the sides.
- The shoulder straps should not dig in (for larger busts wider straps are more comfortable).
- When you perform the activity the bra is used for there should be significantly **less bounce** than with a normal bra
- Most ladies should only need to wear one sports bra even for high impact activities.

There are many excellent bras on the market, which come in a large range of sizes and colours offering every different level of support. If you require a very supportive bra try the **Champion Action Shape**, **Panache Hi Impact Bra** or **Berlei High Exertion Bra 109** or **517** or for the larger bust the **Enell** sportsbra. However, if you like your bra to look more like a crop top, then **Sportjock** and **Danseez** do a fantastic range of colours including stripes and seasonal lines with extra touches such as zips and lace finish.

Moving Comfort are an American company who only make sportswear for women, and have done so for 25 years. Their sports bra range includes the Grace Bra that can be worn by ladies who have had a mastectomy. The bra sizes run from a 32A to a 46DD, in a range of materials, including lace, mesh and lycra, with a great collection of colours.

Sports bras have come on a long way since two jock straps were tied together to offer ladies support! So give your bust a chance!

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Research has shown up to 56% of women experience breast pain when exercising. This is due to the large displacement of the breasts, which in addition to the discomfort can cause embarrassment. Breast motion is hard to reduce, as the breast does not contain strong intrinsic structural support. The primary supporting structures in the breasts are the Cooper's ligaments. With secondary support only from the skin, these can easily be stretched if repeatedly loaded, as occurs during physical exercise. This can cause the breast to sag. It is therefore important to reduce breast movement to limit breast pain and irreversible stretch of the Cooper's Ligaments.

An Australian study tested a sport bra against a fashion bra, a crop top and bare breasted and found that the sports bra reduced pain and vertical movement by 50% compared to bare breasted exercise. The crop top and fashion bra reduced vertical movement and perceived pain but only by the half the amount of the sports bra. Research to date suggests to reduce pain and motion of the breasts when exercising, adult females should wear a well-fitting sports bra.

References: Research studies at University of Wollongong and Australian Institute of Sport, Canberra, Australia. Selaine, Lessbounce.com

### ○ Technique

**There are no hard and fast rules as to how to run, as everyone will have their own natural style, (some more unique than others!) however, here are a few pointers, which can help improve your performance.**

- Head – Look straight ahead. Focus on a point ahead 10 to 15 yards in front and try to run in a straight line.
- Body – Keep your body upright with your back straight. Try not to 'lean' even when running up hill.
- Arms – Let your arms swing naturally and in rhythm with your legs and loosely cup your hands.
- Feet – Naturally the ball of the foot lands first, heel a second later and the toes push off a fraction after that.

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Without realising it most runners breathe in a 2/2 rhythmic ratio; they take two steps as they inhale and two more steps as they exhale - this can change though if the pace is faster or slower. Most runners tend to breathe through their nose and mouth but there are no set rules. If you find you have a different breathing pattern then don't alter it, it won't improve your running - remember breathing is very natural and you should do what comes naturally to you!

### ○ **Nutritional differences between men and women**

There are a number of major differences in the nutritional needs of women and men and it is vital that these are taken into consideration when you are planning your dietary intake. As you increase your training levels you will need to adjust your eating and drinking programme accordingly and structure what you consume with a level of planning that is vital if you are to see an improvement in performance. It's not just your training schedule that you must concentrate on; your diet can be equally as important.

### ○ **Vitamin differences**

Recommended daily allowances (RDAs) differ for men and women in virtually every case. You should check with a nutritionist what your requirements actually are, as they can differ considerably according to individual. Every source seems to put 'the average' at a different level, so check your own specifically before following the wrong path. Vitamins where there are the greatest differences between gender include Vitamin A, B1, B2, E and Niacin, where men have to consume as much as 50% more than the female requirement.

### ○ **What about minerals?**

Iron is the mineral where there can be the biggest differences between male and female athletes. Men store far more than women, who lose much of their stores during menstruation. It's generally agreed that women need nearly double the daily RDA of iron than men, around 15-18 mg, compared to 10mg for men. Women however don't need as much magnesium or iodine as men, but for the others, where an RDA has been agreed, the figures are the same. These include sodium, potassium, calcium, phosphorous, zinc and copper.





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### ○ Are there any other nutrition issues that women should be aware of?

Essential Fatty Acids, one of these, Omega-6, plays an important role during menstruation. Its RDA is around 120mg. Also consider your fibre intake as this can alleviate problems in the intestinal gut and prevent excessive loss of nutrients.

### ○ Fluids needs

When we exercise, our muscles only use about 25 per cent of the energy for work, with the rest released as heat – which is why exercise makes you hot! The main way the body is kept cool is by sweating. Heat from the working muscles is transferred to the blood. The blood flow to the skin is increased, and heat is lost by evaporation – sweating. Sweat comes from the water in blood, so we need to replace this vital fluid to prevent dehydration. If we exercise while dehydrated, our temperature can rise quickly and cause heatstroke, which is potentially fatal.

In general, we need to drink about two litres of fluid a day to be properly hydrated. However, it's quite likely that exercise will increase our fluid needs. The more you sweat, the more you need to drink to replace the lost fluid. Some people naturally sweat heavily, but even small losses can cause fatigue. Plus, the fitter you are, the more effectively you keep your body cool – so the more you sweat! Training harder, longer or in hot and humid surroundings will also make you sweat more.

During exercise we lose on average 500-1000ml of fluid an hour. The easiest way to get a better estimate of how much fluid you lose is to weigh yourself before and after exercising – preferably naked so as not to include the sweat absorbed within your clothing. Each kg of weight loss is equivalent to a litre of fluid loss. However, you will lose more fluid as urine, so you should drink at least 1.5 litres of fluid for every kg of weight lost.



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The colour of your urine is also a good indicator of fluid loss – if it's pale and plentiful, you're well hydrated, but if it's dark and sparse, you need more fluid. A loss of just 2 per cent in your body weight may affect your ability to exercise; a 4 per cent loss can cause exhaustion. If you're competing, for every 1 per cent drop in body weight there's about a 5 per cent drop in performance, which could mean the difference between coming first and last!

If you keep exercising without replacing fluid, you will become increasingly dehydrated. You will no longer be able to keep your body cool, your temperature will rise, you will feel light-headed and nauseous and, ultimately, get fatigue or heatstroke. The only way to prevent this is to start off well hydrated and stay that way!

### ○ Drinking Schedule

It is vital that you drink plenty of fluid to avoid compromising your health. To succeed, you need to plan your drinking strategies and get into the habit of drinking, so that your body can gradually adapt to increased fluid intakes. Don't leave it to chance, take your beverage choice with you, and keep it with you while you work out – see the 'Hydration and Exercise' box for the best way to stay hydrated during exercise.

It is unlikely that you will drink too much water - not drinking enough is usually the problem. The only time drinking plain water may cause a problem is if you're sweating very heavily for a prolonged period of time. In this situation, a sports drink containing sodium would be better than plain water to prevent low blood sodium levels (hyponatraemia).

**Before exercising** Always start every exercise session well hydrated. Drink 300-500ml of fluid in the 15 minutes prior to your workout.

**During exercise** Aim to drink 150-250ml every 15 minutes to offset fluid losses – drinking smaller volumes more frequently minimises stomach discomfort. Remember, the more you sweat, the more you need to drink.

**After exercise** How much fluid you need depends on how much you lost, but you'll probably need at least 500ml. Try to drink 1.5 litres of fluid for every kg of weight lost during exercise, or keep drinking until you pass light-coloured urine.





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### Which fluid

Which fluid you opt for depends on how hard you exercise, and for how long. However, choose a flavour you like to encourage you to drink more. If you're exercising at a low-to-moderate intensity for less than an hour, then water is great. If you find it difficult to drink large quantities of plain water, try adding some juice or squash, which will also provide you with some carbohydrates to help restock glycogen stores. If you work out continuously for more than an hour, then a sports drink would probably be a good idea.

Sports drinks help maintain better fluid levels, plus the added carbohydrates provide vital glucose to help avoid fatigue. Most sports drinks are five to eight per cent carbohydrate, which makes them 'isotonic' – a similar concentration to blood – and, therefore, quickly absorbed.

In addition, sports drinks contain sodium to stimulate sugar and water absorption, and replace the sodium lost in sweat. This added sodium is particularly useful if you're a 'salty sweater' – where your sweat is opaque, tastes salty, and leaves white marks on your clothes. The sodium has the added benefit of encouraging you to drink more. In fact, the drive to drink is present for several hours following exercise (it stops when you eat). However, when your mouth is moistened with fluid, your body automatically signals your brain to stop drinking. This inhibition can happen before the body's fluid levels have been completely restored. This means that even if you don't feel thirsty, you're not necessarily well hydrated, so it's important to keep drinking fluid throughout the day.

Although alcohol in moderation is fine, it's not a good idea to drink it just before exercise as it has a detrimental effect on co-ordination skills and exercise performance and also increases injury risk. You also need to rehydrate properly before drinking alcohol after exercise - alcohol can cause dehydration and slow down recovery from injury.

**Above all, enjoy your training, it should be fun!**



# Before All Sessions



## ○ Before all sessions

Before all sessions, please ensure that you warm up and do some light stretches - after your run you should cool down and then stretch.

Gentle jog/fast walk is around 65% of your maximum heart rate (MHR). For women your MHR is 226 minus your age and men 220 minus your age. You can accurately measure your heart rate by using a heart rate monitor.

Jog is assuming a heart rate of around 70% of MHR and you should be able to chat throughout. Run is around 80% of MHR.)

Remember this is a guide to your days running/training and you should only run/train if you feel 100%.

Jog means running really slowly (you should be able to talk all the way) whereas steady running is a pace that feels like you are working reasonably hard but you can still talk some of the way. realrunner.com cannot be held responsible for the misuse, injury or death caused by using these guides. As with any exercise program please check with your GP before starting out if you are at all unsure.

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